

Increased funding to help Waterloo campus evolve

Under-used campus will benefit, says president

By Angela Clayfield

The Ministry of Training and Education is increasing funding for the Science to Enterprise Program (SEEP) by \$10 million. The extra \$10 million will be made available to Ontario's colleges and universities over the next three years.

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Conestoga College will have a total of 241 direct students in science programs, engineering and computer programs in the fall.

One of the ways that colleges will be expanding is as a result of the SEEP funding is by making the Waterloo campus into an Information Technology Centre.

Conestoga Waterloo jumped to be a public school, but now the building is currently under construction.

The 100 square. The program has been that decided in the last two or three years to start the school.

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The college of Conestoga's Waterloo program was approved by the Aug. 11 board of directors. (Photo: Conestoga College)

Workers race to finish changes at Waterloo

By Lindsay Wilson

Workers starting the Waterloo campus of Conestoga College are racing against the clock to finish the changes to the building.

The building is currently under construction and workers are racing against the clock to finish the changes to the building.

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Security ensures good parking for early birds

By Linda Wright

Being in a parking space is something you can't get out of at Conestoga College. It's one of the things in life that you can't get out of.

DSA Prescription Drug Plan Opt-Out & Family Opt-In

Opting out deadline is Mon., Sept. 20, 1999

Family Opt In deadline is Mon., Sept. 20, 1999

All forms must be submitted to the DSA Office by the deadline. No exceptions. More information is available at the DSA Office.

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How to get started at Conestoga:

A few things to remember

By Angela Glynn

You may be dreading one of high school and you can't wait to get out of it. You may be nervous about the new school and the new people. You may be nervous about the new school and the new people. You may be nervous about the new school and the new people.



Sheryl Mottley,
first-year mathematics
engineering



Andrea Sutherland,
second-year nursing



Marilyn Coleman, second-year
general business

your nervousness disappears. "You can't expect to know how to get through every night," he said.

Jameson, a first-year psychology student, had similar advice to give.

"Don't party," he said. "You'll be a student, not a party animal."

"Don't stress out," he said. "You'll be a student, not a stress out."

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But by the time the first semester ends, "You can't expect to know how to get through every night," he said.

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Ryan Patrick,
second-year science
and mathematics



Jodie Myles,
FSL student



Shari Chishti,
history student

Carnival of cannabis culture



OFF CAMPUS — Students Michael Backhouse (right) and Shari Chishti (left) at the Carnival of Cannabis Culture, sponsored by the Cannabis Council in Victoria, B.C. (Photo by Linda Tait)



College health co-ordinator reports campus accidents

By Michelle Johnson

When an employee is injured on the job, it is a serious matter. In the health care industry, the employee is the patient. The employee is the patient. The employee is the patient.

There must be a plan. There must be a plan. There must be a plan. There must be a plan. There must be a plan.

"This is a problem," said John Pidgeon, health, safety and environmental co-ordinator. "It is a problem. It is a problem. It is a problem. It is a problem. It is a problem."

As the co-ordinator of health and safety for the past 12 years, Pidgeon has been working with the health and safety committee, following up on any accidents reported on campus concerning the college's health and safety.

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Feature

To pierce or not to pierce, that's the question

Scarier than photos: by Lindsey Handout

"Now, people pierce their body for one of two reasons: either to be different and cool, just down to be cool."

"Chris, School 25 got her belly button pierced because she thought it would look cool."

"I had always wanted to do it. School said that I probably wouldn't (have done it) if I didn't have Madonna (Barthol) as a friend of School's who also got her belly button pierced there."

School said she was 16 per cent convinced and two per cent scared from the fact it hurt.

"When this needle was inserted into her skin she screamed. Barthol's hand said 'Oh'

it did hurt!" said School.

When School screamed louder and shouted her parents for some time her dad was quite surprised she had gone through with it.

"I had told my mom I was going to get it done but she couldn't believe I had actually done it."

Chris started

25

I had nothing to do it was going to get it done but she wouldn't believe I had actually done it."

A couple weeks after getting the piercing, School said her skin around the piercing would be quite red.

"I don't think it hurts I love it. It's cool. And it needs a week with water when it starts to look normal."

For those who are thinking about getting a body part pierced, School's friend is to think about it carefully.

"Think about it for a long time and make sure you want it."

And for those who need a little moral support she said, "Pierce it first!"

Choosing a professional can ensure safe piercing

The Massachusetts Community Health Department has a brochure on body piercing that includes a checklist for choosing a safe piercer.

Make sure:

• the piercer uses a sterile needle. Check out many different shops and ask the piercer if they know about your type of piercing before.

• the place is clean and is good about cross-lighting and is easy to reach hands are also necessary.

• a sterile needle is used for each person. Piercing guns are easier to use. They are not reusable and are not sterile.

body pierce (for each person) and should wash their hands," said Egan.

The piercer used for the gun may double as piercer for the specific body part. Egan said.

"It usually is best for the piercer of the person's world," said Egan.

The brochure also advises on choosing clear of anyone who cannot answer such and every one of your questions.

In May of 1999, the Ministry of Health produced a personal services company protocol that has to be followed for anything in the business, piercers are not licensed.

A health inspector inspects tables and piercing shops once a year.

"The only thing to go through it (the piercing process) only by the piercer and Egan. "The way you can show their knowledge in looking."

Maria Venero, professional piercer for the State in Waltham, displays his

body piercings. He also has facial piercings in both ears.

Range of body parts to pierce

After making the decision to pierce a part of your body, it's time to decide where and what exactly you want to pierce.

There is a list of body piercings:

• ear lobe

• ear cartilage

• tongue

• nose

• lip

• nipple

• chest

• genital

• hand

• foot

• arm

• back

• neck

• head

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"The piercer should wear bright gloves (for each person) and should wash their hands"

Cathy Egan,

health supervisor for

the Worcester Region

Community Health Department

a cleaning products will sterilize equipment, such as needles, are available and used. Antibiotics are also only available standards.

A health inspector can provide • the person clearly explains the procedure and answers those on and

• the person must keep the support form for at least one year. Cathy Egan, health supervisor for the Worcester Region Community Health Department said.

Egan said the piercer should • be able to collect all drugs on their list.

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Body piercing - old tradition, new trend

Aftercare important

Markus and Phoenix by
Lesley Marshall

To properly care for your body piercing, follow the instructions that your professional piercer provides you with. While are different instructions for various parts of the body.

"Aftercare is really important."

Cathy Egan, health supervisor
for the Agency of Human

Resources, is really important," said Cathy Egan, health supervisor for the Western Region Community Health Department.

The health department's hygiene and safety program is designed to ensure aftercare instructions with your piercer. Make sure you have both written instructions.

• make your hands before touching or cleaning the pierced area.

• don't let anyone touch your piercing during the healing period.

• leaving your pierced body part in its wrapper. Sexual partners feel question as they are exposed to the air.

• remember that body fluids such as blood, urine or sweat that touch or contact your pier-

cedings are not clean collections. These include body fluids and HIV.

• do not play with your piercing, as it can cause skin tearing and infection.

• do not remove the jewelry until the area is healed. Some "do" do "do" changed piercings are removable only by the piercer.

• if your pierce into holes, cartilage, tongue, nostrils, lip, or navel, you are a health problem.

• don't let your piercer know that you don't want the jewelry.

• you will not get plenty of rest in any pierced body.

• "When you do any work, you have to be careful, especially when you're working with your hands."

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Piercing goes back centuries

Many Americans were aware that in a time of their culture and society, body piercing was a symbol of beauty among the ancient Egyptians, tribes of Central and South America pierced the lip and nostrils to show their beauty and strength, and sometimes performed by the women in Africa usually before a ritual ceremony or celebration.

"It's the whole idea of the body as a canvas," said Markus. "When you pierce your body, you're making a statement about who you are."

Some people would say that our culture today is a reflection of the past, and that's why we're so into body piercing."

People pierce and tattoo their bodies to make a statement in life. In the past, body piercing was a way to show strength and courage, and to show that you were a warrior.

"People pierce and tattoo their bodies to make a statement in life. In the past, body piercing was a way to show strength and courage, and to show that you were a warrior."

apparent among youth who tend to be a part of a group.

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Piercing risky both in and out of the chair

There are parts of the body that are more difficult to pierce and these piercings have more risks than others.

De De La, a piercer at the Western Region Community Health Department, said the most difficult to pierce are the tongue and navel.

"The tongue is a very sensitive area and the navel is a very sensitive area."

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degraded, Venus said.

"The tongue actually affects the way you eat and the way you talk, and it's a very sensitive area."

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BECOME A TUTOR

Share the academic knowledge and experience you have gained with another student who is having subject-specific difficulties.

Tutoring students interested in:

- professional career matters
- academic self-confidence
- subject-specific problems

GOALKEEPERS

You need great judgement of what is correct, strong, or flawed and you must be able to explain why and what the correct answer is.

BENEFITS

- Paid or voluntary help
- Develops leadership skills
- Develops communication skills

MAKE A DIFFERENCE

GET INVOLVED

Apply to Student Services
Room 1001

Step 4
The ring
is inserted
and your
body
cushion is
changed
to your
position.



Professional piercers wear
against self-piercing or
piercing by those
unqualified

William Chelmsford, piercing artist.



The



WEEK OF WELCOME '99

Doon Student Association

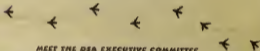
The Doon Student Association provides services and organizes activities for the students at the Doon Campus. The DSA represents the voice of the students to College Administration on issues affecting policy and education. All full-time students at the Doon Campus are members of the Doon Student Association.

HOW IS THE DSA FUNDED?

The DSA is funded through a compulsory student activity fee of \$54.50 paid by all full-time students of Doon Campus. The fee is collected by the College on behalf of the DSA.

DSA MISSION STATEMENT

The DSA is committed to addressing the issues that concern its membership, while providing opportunities for social and educational advancement.



MEET THE DSA EXECUTIVE COMMITTEE



Peter McEwen
President



Jonathan McEwen
Vice President



Steve Coleman
VP Student Affairs



Michael Hogg
VP Education



Robyn Gault
Entertainment Manager



Rob Gault
Peripherals Co-ordinator



Tony Johnson
Peripherals Assistant



Peter Gault
Student Life



Peter Gault
Peripherals Assistant



Rob Gault
Peripherals Assistant



Off the Campus
The DSA's mascot



Rob Gault
Administration Assistant



Rob Gault
Administration Assistant

Contact the DSA for more information on
DSA services, activities, and opportunities to volunteer.

905-748-6131 Fax 905-748-6127 Information hotline 905-748-6330 ext. 4034
e-mail: dsas@doon.ns.ca WWW: www.doon.ns.ca

Week Of Welcome '99

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GET WELCOME PARTY & MORE - Monday, September 6, 3:00 pm - 4 pm

The OSA and volunteers will be greeting the newly-arrived students and helping them to move in to their new home.

STUDENT UNION - Monday, September 6, 8:30 pm - outside near cafe
Bring your ID card and business card. (It's inside is outside!)
Featuring one of the nation's best comedians has
admission and popcorn is free!

FREE MOVIE - Tuesday, September 7, 10:30 am, The Sanctuary
Featuring comedian: Simon & Schuster

ALL SPORTS MEET UP, Tuesday, September 7
Open - it will be fun!

NEW PAZZ JAZZ - September 7, 8, & 11,
Dance 5:00 pm to 7:00 pm - 2 pm
\$1.00 (10 - 4 months pass is \$4) photo ID

FREE B-B-Q & CONCERT - Wednesday, September 8
10:30 am - 5:00 pm, Outside by the pond
Area Campus & Jungs. This is a sponsored event!
Wear your **WOW! CAMP** shirt today!

FREE MOVIE - Thursday, September 9, 11:30 am, The Sanctuary
Featuring "My Sister" - an educational comedy about transsexuals
and sex, sexual identity, medical rights, and so on.



MOVIE OF THE WEEK - Friday, September 10, 11:30 am, The Sanctuary
Lecture: Free popcorn - with a free movie!

OSU INFORMATION FAIR - Monday, September 13, 11:30 am, The Sanctuary
What is the OSA anyway? What career departments are best at Conestoga?
Come find out - and see what you can do to get involved!

CALIBO - Tuesday, September 14, 11:30 am - 2:30 pm, The Sanctuary
Try your hand with foot-loose, back-loose, over-it-under - and the more moves you
just some of the games of chance. Don't miss your chance to win great prizes!



INTERACTIVE GAME - Wednesday, September 15
10:30 am - 2:30 pm, The Sanctuary
Don't worry - it's safe - and legal!

ALSO JAZZ BOB TRIP - 9:30 pm departure
Don't Miss This! Tickets \$100. Join the New York Festival. Purchase
your ticket at the OSA office for only \$30. Includes transportation to New York
(All tickets are sold under 100)

MOVIE OF THE WEEK - Friday, September 17
11:30 am, The Sanctuary
Free movie & popcorn!

CONCERT - Wednesday, September 22, 8:00 pm, all 199
7/4 open house - Tickets available in the OSA office



**I AM
CONESTOGA**

Athletics and Recreation

Intramural Sports

Intramural Programs Include:

Co-ed Slo-Pitch Touch Football
Co-ed Volleyball Co-ed Basketball
Contact Hockey Men's Ball Hockey



1999-2000 Intramural Schedule

Note: Your team must have a captain or representative at the Captain's Meeting.

Session 1

Activity	Registration	Captain's Meeting
Co-ed Slo-Pitch	Sept. 7-15	Sept. 15 @ 4:30 p.m.
Touch Football	Sept. 7-15	Sept. 15 @ 4:30 p.m.
Tennis Tournament	Sept. 7-15	Sept. 15 @ 4:30 p.m.
Tournament date scheduled for September 21.		

Session 2

Activity	Registration	Captain's Meeting
Co-ed Volleyball	Oct. 12-20	Oct. 20 @ 4:30 p.m.
Non-contact Ball Hockey	Oct. 12-20	Oct. 20 @ 4:30 p.m.
Contact Ice Hockey	Oct. 12-20	Oct. 20 @ 4:30 p.m.
Co-ed Basketball	Oct. 12-20	Oct. 20 @ 4:30 p.m.

Session 3

Activities to be posted

For more information please contact Marlene Ford at 748-5220 ext. 452

Extramural Sports

Activity	Date
Men's Fastball	October 8
Contact Hockey	February 11
Co-ed Volleyball	February 11



Please contact Marlene Ford at 748-5220 ext. 452 for registration and tryout information

Athletics and Recreation

SAC (Student Athletic Committee)

The Conestoga College Athletics and Recreation Department requires a few good women and men for the 1999-2000 Student Athletic Committee. Are you the right person?

SAC requires 8-10 people who have a love for sports and enjoy interacting with others. You do not have to be an athlete to be a member of SAC.

Are you computer efficient? Do you enjoy watching and promoting sports? If so, then check out the Student Athletic Committee! It could be the committee for you!

A position with SAC involves the organization of exciting events for students. As a member of SAC, you will gain valuable leadership experience, demonstrate responsibility and your name will work with a team.

All positions are for one year and it is based on a honourarium. Please contact Marlene Ford at 748-5220 ext. 452 for more information.

Jobs!

Looking for employment?

There are many part-time employment opportunities within the Conestoga College Athletics and Recreation Department. Below is a list of part-time positions available for the 1999-2000 academic year. For more information or to apply for any of the positions listed below, please contact the Recreation Centre at 748-3512.

Scorekeepers

Timekeepers

Varsity Team Managers

Mascot (Cliff the Condor)

Hockey Game Announcer

Videographer

(demo tape required)

Photographer

(samples of work required)

Concession Attendants

Condor Roast Bar Staff

Athletics Receptionist

Varsity Tryouts

Women's Softball

Coach Vince Denomme

Monday, August 30, 1999 4:30 p.m.

Diamond One

Men's and Women's Outdoor Soccer

Coach Geoff Johnstone

Monday, August 30, 1999 4:30 p.m.

Soccer field

Men's Hockey

Coach Ken Galerno

Tuesday, September 7, 1999 5:00 p.m.

Recreation Centre Arena

For more information please contact the Recreation Centre at 748-3512.



Fixing up the campus



Thomas Shafley, a graduate of the OCA program, paints around the back door of the Great Campus. Photo by Steve Taylor



Miss Maughy, a member of the Blackboard with a red ribbon, stands in front of the Blackboard with a red ribbon. Photo by Steve Taylor



John B. Smith, a member of the Blackboard with a red ribbon, stands in front of the Blackboard with a red ribbon. Photo by Steve Taylor

Sports

Student athletes may get local media coverage

Athletes deserve more recognition, says rec manager

By Andrew Jensen

Coe College's coverage of athletic and recreation teams is limited. Coe's athletes don't get the recognition they deserve. Although Coe College doesn't have a daily high school sports section, it does have a daily sports section. But Jensen said Coe College should be getting the same media coverage as other schools.

"We want the local media to pick up on athletes a little more," he said.

Jensen said he is in the process of

contacting the SPOKE and The Record to see if they will provide media coverage at Coe College.

Currently Coe College's varsity sports include basketball, soccer and women's soccer and volleyball. But Jensen said football and basketball are also popular sports at Coe College.

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Soccer season may suffer due to OCAA regulations

By Andrew Jensen

Playing soccer longer games is going to have a negative physical effect on the Coe College's soccer team this year, said a Coe College coach.

While the OCAA (Olympic College Athletic Association) and the OCAA (Olympic College Athletic Association) are in the process of changing the rules to make the games longer, Coe College's coach said he is not sure if the team will be able to play the longer games.

"I don't like the rule, and I don't like it," he said.

"Some students may think, I can't afford to look out."

See Jensen's interview with the OCAA coach on page 15.

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Ouch!



A soccer player in a white jersey falls onto the ground during a game. Photo by Steve Taylor

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CONESTOGA COLLEGE

CAMBRIDGE CAMPUS

WELCOME

NEW AND RETURNING STUDENTS

WE WISH YOU SUCCESS

CONESTOGA COLLEGE

STRATFORD CAMPUS

WELCOME

NEW AND RETURNING STUDENTS

WE WISH YOU SUCCESS

WELCOME

WATERLOO CAMPUS STUDENTS

Food and Beverage Management — Year 1

Microcomputer Software Certificate

Employment Training Readiness

Personal Support Worker

Systems Analyst

Continuing Education

RETURNING STUDENTS

Food and Beverage Management — Year 2

Employment Training Readiness

WE WISH YOU SUCCESS

WELCOME

GUELPH CAMPUS STUDENTS

Automotive Service Technician Apprenticeship

Industrial Mechanics (Millwright) Apprenticeship

General Machinist/Tool & Die/Diecast Molder Apprenticeship

Plumber Apprenticeship

Welding/Fitter Apprenticeship

Employment Training Readiness

Carpenter General

General Metal Machinist

Industrial Maintenance Mechanic

Welding Engineering Technician

Welding Engineering Technology

Continuing Education

Training and Development

WE WISH YOU SUCCESS



Welcome to a new year at Conestoga College.

As we approach 2000, it is a particularly exciting and rewarding time to be at Conestoga. Now that we are recognized as Ontario's #1 college, our challenges and opportunity is to continue to move forward to even greater achievements.

I hope that you will find the 1999-2000 academic year one that advances you towards your educational and career goals, and one that will birth your very best efforts.

All of us are fortunate to live and work in an area that is so economically prosperous and dynamic, so clearly a leader in moving Ontario and Canada into a position of a major force in the global economy.

Wherever your area of study, Conestoga has much to offer — excellent facility, outstanding instructors, high-quality facilities and services, and opportunities for involvement in activities as diverse as society and intramural athletics, peer tutoring, student government clubs and student events.

I encourage you to be an active member of the college community, making Conestoga a great place to be and helping shape an even brighter future for our achievement-oriented students.

Please accept my best wishes for a successful year.

Dr. John W. Tibbitts
President, Conestoga College



BUS PASS SALE

September 8, 9, & 13

10 am - 2 pm

Door 3 Foyer



5 CASH PER
↓

(\$55.00)

5 CASH PER
↓

(\$55.00)



Used Text Book Sale

Monday, August 30

- Thursday, September 2

10 am - 2 pm, The Sanctuary

For more information contact the OSA Office at T46-5131



What Do You Do...

- if you are using Spoke before for the first time and feeling lonely?
- if you are experiencing personal problems?
- if you are experiencing academic problems?
- if you are worried about tests, presentations or your placement?
- if you are not sure your previous study habits will work for you in College?
- if you have questions, concerns about anything?

Don't wait! Don't hesitate! We are here to help you succeed!

See a Counsellor in Student Services at your campus

FREE AND CONFIDENTIAL!

Drop in to Room 2301 Student Services Doors Campus or call us at 744-2222 Ext. 344 or 337

Student Services Office/Traverse Campus, Rm. 234

Student Services Office/Guelph Campus 524-6392

CONSIDERING A CHANGE

As you begin your new semester at college, you will begin the process of change. Whether you are leaving your parents for the first time or you are persons leaving your children, the transition will be exciting and perhaps a bit stressful too. Change means an ending and often, if you are welcoming this change, it's natural to make new ideas and ways of doing things.

William Bridges, who writes about transitions, says how things can help us through the uncomfortable time between the old and new. First, try to do things that make you feel more in control, like getting the information you need to find your way around. Understand that this is a transition time and if you feel overwhelmed, it doesn't mean going to school was a bad decision; you are just in transition. Find support systems in your family and friends, new friends, your teachers and counsellors in Student Services. And finally keep in mind your purpose in coming to school, focus on the outcome.

Remember you do not alone in this transition time. If you do need more support, come to Student Services, about Door #4. Counseling writers are confidential and free.



BUS TRIPS

New York Yankees

VS.



Wednesday, September 15
4:00 p.m. departure

Tickets: \$25, includes coachline transportation
to and from Port Authority 1-800-368-3686
Extra Campus students are permitted 1 guest
Tickets on Sale August 30 - 1999



WOODWARD
CONCERTS

Saturday, September 25
8:00 a.m. departure

Tickets: \$25, includes coachline transportation
to and from Port Authority 1-800-368-3686
Tickets on Sale August 30 - 1999

Week Of Welcome Concert

Thursday,
September 16

Conestoga College
Recreation Centre

I MOTHER EARTH

PERFORMING AT THE RECREATION CENTRE

Tickets \$12
Available at the
OSA Office.



LIMITED SEATS
WITH SPECIAL GUEST
PERFORMING BY



New Trial album among the best in hardcore music

by Blake Gail

If you wish to share the joys of it and find pleasure in it, it is a lot of fun. It is a lot of fun to be a fan of a band that plays a lot of fast, hard-core music. It is a lot of fun to be a fan of a band that plays a lot of fast, hard-core music.

That's the idea behind the new album, "The New Trial," which is a collection of songs that are as fast and hard-core as the band's previous work. The album is a collection of songs that are as fast and hard-core as the band's previous work.

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Take Back the Night march celebrates women's power

by Lesley Terrell

"Celebrating our power" is the theme for this year's Take Back the Night march and will be held on Sept. 25 for women who are protesting violence against women.

"We want to support women in knowing their own power, personal power, the power to make choices and to make change," said Susan Peterson, a member of the National Women's Political Caucus, the local organizing committee.

Peterson said women like, just as the march is to be a celebration with other women, women's experiences in the community that reflect women's power.

Approximately 200 women are expected to join the march on the main campus from 6 p.m. to 9 p.m.

They're a lot of people.

The members of the organizing committee include women who work for women's progress, as well as community women who are celebrating their power to plan the march.

"We will end in Conference Hall at approximately 8:30 p.m., where we will have refreshments and entertainment," Peterson said.

The committee is looking for women to volunteer to be

help with the march, organize and participate as well as volunteer.

The City of Rochester is also sponsoring the march.

"We are ending in the Rochester City Hall and they are helping us pay for this," she said. So there are many things involved that help support the march, like a parade, food, women who donate, and so on.

Peterson said that men are welcome as participants by attending the demonstration gathering at City Hall. For a few years a small group of men have volunteered their time to provide the demonstration.

"For some women it will be helpful if their partners can be the victims so that they can stand the march," she said.

This committee is planning its calling campaign before.



Barbara Peterson, a member of the National Women's Political Caucus, the local organizing committee, is encouraging Conestoga College women to attend the march.

Photo by Lesley Terrell

celebrating their own power and the power of women to make change," Peterson said.

and friends

"The committee is composed of women (and all) who are celebrating their power (the march)," Peterson said.

The march will begin at the Women's Park, which is on the main campus from 6 p.m. to 9 p.m.

Marchers will start the march to the main campus from 6 p.m. to 9 p.m.

"We are women who want to volunteer to do this, to come to the march from 6 p.m. to 9 p.m. because we will be a lot of fun," Peterson said.

She said that many people are invited and welcome to march.

Got a minute?

Conestoga College's

